



Eat a Variety of Fruits & Vegetables Every Day

## Fruit & Vegetable of the Month



[Home](#)

[Fruit & Vegetable Benefits](#)

[Fruit & Vegetable of the Month](#)

[What Counts as a Cup?](#)

[Tips](#)

[Recipes](#)

[Interactive Tools](#)

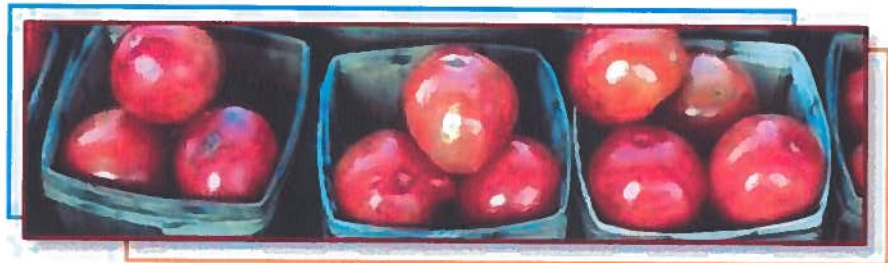
[Q&A](#)

[Publications](#)

[For Health Professionals](#)

[Partner Web Sites](#)

### Vegetable of the Month: Tomato



Currently, tomatoes are one of the most popular vegetables eaten by Americans. Tomatoes are members of the fruit family, but they are served and prepared as a vegetable. This is why most people consider them a vegetable and not a fruit. Tomatoes are an excellent source of vitamin C and a good source of vitamin A.

#### Varieties

There are thousands of tomato varieties. The most widely available varieties are classified in three groups: cherry, plum, and slicing tomatoes. A new sweet variety like the cherry tomato is the grape tomato, really wonderful to eat alone or in a salad.

#### How To Select

Cold temperatures damage tomatoes, so never buy tomatoes that are stored in a cold area. Choose plump tomatoes with smooth skins that are free from bruises, cracks, or blemishes. Depending on the variety, ripe tomatoes should be completely red or reddish-orange.

#### Storage

Store tomatoes at room temperature (above 55 degrees) until they have fully ripened. This will allow them to ripen properly and develop good flavor and aroma. Try to store tomatoes out of direct sunlight, because sunlight will cause them to ripen unevenly. If you must store them for a longer period of time, place them in the refrigerator. Serve them at room temperature. Chopped tomatoes can be frozen for use in sauces or other cooked dishes.

#### Recipes

**Gazpacho**  
Makes 6 servings.

#### Tomato

Serving Size 1/2 cup, cubed (90g)

	% Daily Value
<b>Amounts Per Serving</b>	
Calories 20	
Calories from Fat 5	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 1g	
Vitamin A	10%
Vitamin C	40%
Calcium	0%
Iron	2%

\* Percent Daily Values are based on a 2,000 calorie diet.



### Ingredients


6 large tomatoes  
1 large cucumber, peeled, seeded and finely diced  
1 large green bell pepper, finely chopped  
1 medium-sized red onion, minced  
3 Tbsp. red wine vinegar  
2 Tbsp. olive oil  
Juice of 1/2 lemon  
2 to 3 Tbsp. fresh parsley, chopped (to taste)  
2 Tbsp. fresh basil, chopped or 2 tsp. dried basil  
Salt and fresh ground pepper to taste  
Tabasco sauce to taste

To peel the tomatoes, submerge them in boiling water for 15 seconds. Place into a colander and rinse under cold water. The skins should slip right off. Core the tomatoes and gently squeeze out the seeds. Chop half of the tomatoes coarsely and puree the other half in a food processor. Combine the puree and chopped tomatoes in a large mixing bowl. Blend the remaining ingredients with the tomatoes. Cover and refrigerate for several hours before serving. Serve chilled; garnish with herbed croutons if desired. This is an official Fruits & Veggies—More Matters Recipe.

Nutritional analysis per serving: Calories 99, Fat 5g, Cholesterol 0mg, Fiber 3g, Sodium 20mg.

Find more in our [recipe database!](#)

---

 This site contains documents available in Adobe Acrobat Reader format (PDF). To view or print them, you must have Adobe Acrobat Reader (version 3.0 or higher) installed on your computer. You can [download it for free from Adobe Corporation](#).

[Back to Top](#)

[Home](#) | [Site Map](#) | [Contact Us](#) | [Q&A](#) | [Policies and Regulations](#) |  [Email this page](#) |  [Print-friendly](#) | [Disclaimer](#) | [e-Government](#)



[Centers for Disease  
Control and Prevention](#)



[Department of Health  
and Human Services](#)



[National Cancer  
Institute](#)



[www.usa.gov](#)